

Heroes of Transplantation



Clive Callender, M.D.



Samuel L. Kountz, M.D.



Velma Scantlebury, M.D.



Paul D. Taylor



2008 Calendar



MH08D8548

This Calendar Honors these Heroes of Transplantation

Dr. Clive O. Callender

Dr. Clive O. Callender, the Lasalle D. Leffall Professor at Howard University, succeeded the actual Dr. Leffall as chair of surgery for Howard University's Medical School in Washington, DC. As a transplant surgeon, he helped develop the first minority directed dialysis and transplant center and histocompatibility and immunogenetic laboratory. In 1991, he started the *National Minority Organ/Tissue Transplant Education Program* to increase the number of minority organ donors and to educate people about health conditions prevalent in minority populations that can lead to the need for transplantation.

Dr. Samuel L. Kountz, 1930 - 1981

Dr. Samuel L. Kountz was an assistant professor at the Stanford University School of Medicine, an associate professor at the University of California School of Medicine, and professor and chairman of the Department of Surgery at the State University of New York Downstate Medical Center, Brooklyn, NY. In 1959, he participated in the first west coast kidney transplant. He conducted research on medicines to reverse organ rejection and on tissue typing which led to increased matches between unrelated donors and recipients.

Mr. Paul D. Taylor

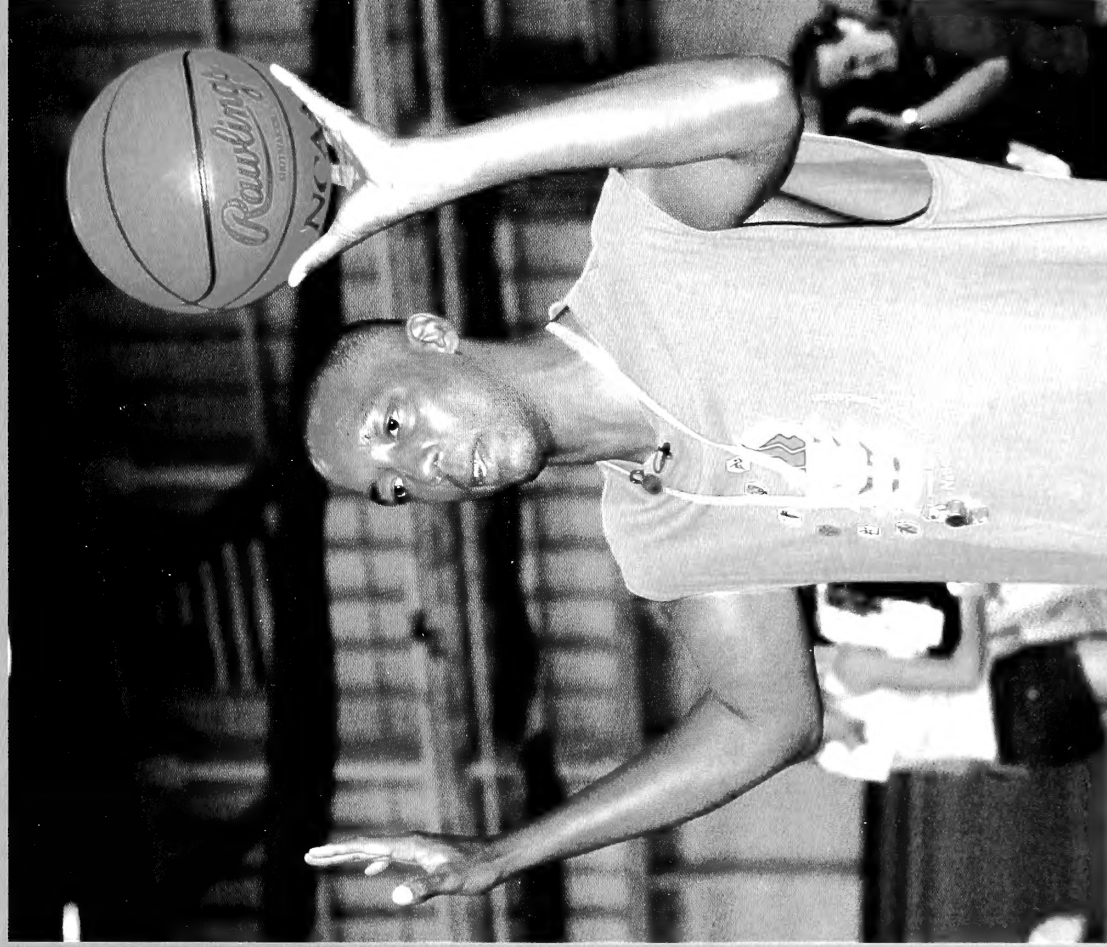
Mr. Paul D. Taylor, retired senior instructor in the Department of Surgery at the University of Colorado Health Sciences Center in Denver, was instrumental in the development of liver and kidney transplantation procedures and was a member of the surgical team that in 1963 performed the world's first human liver transplant. He was involved in research of anti-rejection medicines and organ preservation techniques, and promoted organ and tissue donation throughout his 35-year career in transplantation. Mr. Taylor is thought to be the world's first transplant coordinator.

Dr. Velma P. Scantlebury

Dr. Velma P. Scantlebury, professor of surgery at the University of South Alabama, Mobile, AL (USA) and director of USA's Regional Transplant Center, became in 1989 the nation's first African-American female kidney transplant surgeon. Her particular interests in transplantation include infections after transplant, pregnancy after transplant, and post-transplant outcomes in African Americans. Dr. Scantlebury recently received the National Kidney Foundation's *Gift of Life Award* for her work in transplantation among minorities.

For more information about these and other transplantation pioneers see the documentary *A Science of Miracles: The History of Organ Transplantation*. It will be appearing on Public Broadcasting Stations throughout the country beginning November 2007. The DVD will be available in 2008 from the Division of Transplantation, Healthcare Systems Bureau, Health Resources and Services Administration, Department of Health and Human Services. Contact: <http://ask.hrsa.gov> or call 1-888-ASK-HRSA (275-4772).

Celebrate Life



**Sean Elliott is a spectacular example
of the success of transplantation.**

"As transplant recipients, we honor the gifts of life we have received and show the world that transplantation is truly successful." Sean Elliott, TV sports analyst, basketball player, kidney transplant recipient, and spokesperson for the National Kidney Foundation.

Office of Minority Health Research Center

Knowledge Center

1201 Mission Parkway

San Jose, CA 95128

1-800-444-5572

Exactly, what is one serving? It's smaller than most people think.

For example:

- A small glass of 100% fruit or vegetable juice ($\frac{3}{4}$ cup or 6 oz)
- A medium-size piece of fruit (an orange, small banana, medium-size apple)
- One cup of raw salad greens
- $\frac{1}{2}$ cup of cooked vegetables (about the size of a baseball)
- $\frac{1}{2}$ cup of cut-up fruit or vegetables

<u>Recommended</u> <u>Servings per Day</u>	<u>Vegetables</u>	<u>Fruits</u>	<u>Total</u>
Children ages 2 to 6	3	2	5
Children over age 6, teenage girls, and most women	4	3	7
Teenage boys and most men	5	4	9

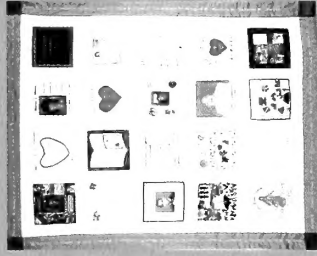
Notes:



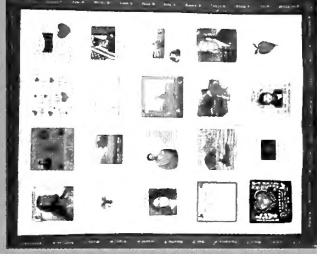
MEMORIAL ORGAN DONOR QUILTS



New York
Organ Donor Network
Memory Quilt Panel 1



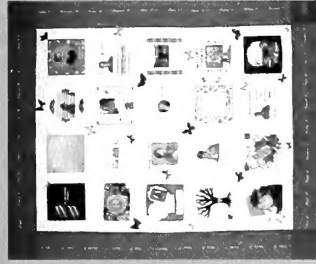
New York
Organ Donor Network
Memory Quilt Panel 2



New York
Organ Donor Network
Memory Quilt Panel 3



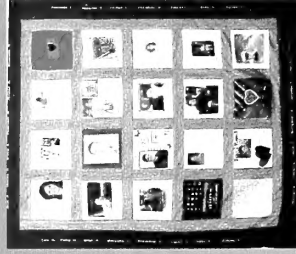
New York
Organ Donor Network
Memory Quilt Panel 4



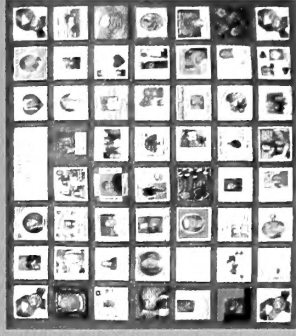
New York
Organ Donor Network
Memory Quilt Panel 5



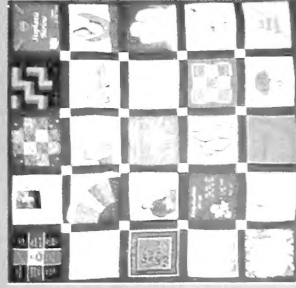
New York
Organ Donor Network
Memory Quilt Panel 6



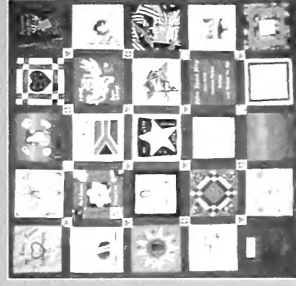
New York
Organ Donor Network
Memory Quilt Panel 7



Mississippi
Organ Recovery Agency
"Gift of Life" Quilt III



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts

Each square honors the life and memory of one donor.

Please see the acknowledgements page for more information about the quilts.

New Year's Black Eyed Peas Bring Good Luck

Salad

Black-eyed Chicken

1 15-oz can black-eyed peas, rinsed and drained
2 0 cooked chicken breast, chopped
1 C diced celery
1 C red bell pepper
1 C green bell pepper
½ C sliced green onion
½ C fresh cilantro
3 T fat-free Italian salad dressing
2 T Dijon mustard
6 C lettuce leaves

Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Serving size: ½ of recipe

Calories: 170

Black-eyed Pea Salad

Salad

1½ C water
1 medium onion, cut in half
½ t salt
½ t cayenne pepper
16 oz package frozen black-eyed peas
½ C red onion rings
4 C leaf lettuce

Dressing

½ C chopped red bell pepper
3 T chopped parsley
½ C red wine vinegar
¼ C water
1 t olive oil
¼ t salt
½ t black pepper
1 garlic clove, minced
½ t hot sauce

Salad

Combine water, onion, salt, and cayenne pepper, in a medium saucepan; bring to a boil. Add peas and return to a boil. Cover, reduce heat, and simmer 40-45 minutes or until peas are tender. Remove and discard onion; drain well. Rinse with cold water, and drain again. Transfer to a medium bowl; set aside. Pour dressing over peas, tossing gently to coat. Cover and refrigerate 8 hours, stirring occasionally. Add red onion just before serving. Serve over lettuce leaves on individual plates.

Dressing

To prepare dressing combine all ingredients and mix until well combined.

Serving size: ½ of recipe

Calories: 140



January

National Blood Donor Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1	2	3	4	5
6	7	8	9	10 Islamic New Year	11	12
13	14	Martin Luther King, Jr.'s Birthday 15	16	17	18	19
20	Martin Luther King, Jr.'s Birthday observed 21	22	23	24	25	26
27	28	29	30	31		

During National Blood Donor Month, help create a **Donation Friendly America** by visiting your local blood donation center.

Notes:

The American Society of Multicultural Health and Transplant Professionals (ASMHTP)

ASMHTP is a multicultural organization that serves health and transplant professionals by providing leadership in a national capacity on matters of diversity facing the transplant industry.

Contact: The American Society of Multicultural Health and Transplant Professionals at www.asmhtp.org or call: 1-866-ASMHTP-1 (1-866-276-4871).

Vegetary

Tomato and Okra and Corn Stew

Ingredients

- 2 T olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 16 oz frozen, cut okra
- 3 ears of white or yellow corn (kernels removed)
- 2 fresh tomatoes, diced
- $\frac{1}{4}$ C hot water
- salt and pepper to taste

Sauté onion and garlic in olive oil. Add okra, corn, tomatoes, water, and salt and pepper to taste. Simmer and stew about 15 minutes or until okra is tender.

Serving size: $\frac{1}{4}$ of recipe

Calories: 180

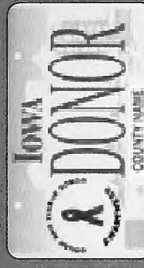
Baked Acorn Squash with Pineapple

- 1 large acorn squash (approximately 32 oz)
- 2 t ground cinnamon
- 1 C crushed pineapple, drained
- 1 t ground nutmeg
- $\frac{1}{2}$ t ground allspice
- $\frac{1}{2}$ t ground ginger

Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45 to 60 minutes until squash is soft and tender. Meanwhile, combine the cinnamon, pineapple, nutmeg, allspice, and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

Serving size: $\frac{1}{4}$ of recipe

Calories: 80



February

Black History Month & Heart Disease Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	Chinese New Year 7	8	9
10	11	Lincoln's Birthday 12	13	National Donor Day Valentine's Day 14	Woman's Heart Day 15	16
17	President's Day Observed 18	19	20	21	Washington's Birthday 22	23
24	25	26	27	28	29	

Heart Disease and African Americans

African American adults are less likely than whites to be diagnosed with coronary heart disease. In 2004, however, African American men were 30 percent more likely than non-Hispanic white men to die from heart disease. Heart disease can result from problems such as high blood pressure and obesity. Ask your doctor for advice on treating these conditions.

Data Source: The Office on Minority Health,
U. S. Department of Health and Human Services,
<http://www.omhrc.gov>.

Notes:

Approximately 500 African Americans are awaiting heart transplants.

Meatless Main Dishes

Vegetarian

Zucchini Lasagna

1 lb cooked lasagna noodles, (in unsalted water)
1/2 C mozzarella cheese, part-skim, grated
1 1/2 C cottage cheese, fat free
1/4 C Parmesan cheese, grated
1 1/2 C zucchini, raw, sliced
2 1/2 C tomato sauce, no salt added
2 t basil, dried
2 t oregano, dried
1/4 C onion, chopped
1 clove garlic
1/4 t black pepper

Preheat oven to 350° F. Lightly cover a 9 x 13 inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup of the mozzarella and 1 T parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce mixture in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Serving size: 1 piece

Calories: 276

Vegetarian Stuffed

Peppers

4 red or green bell peppers
2 C (1 pint) cherry tomatoes
1 medium onion
1 C fresh basil leaves
3 garlic cloves
2 t olive oil
1/4 t salt
1/4 t pepper

Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Serving size: 1/4 of recipe

Calories: 40



March

Kidney Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Palm Sunday	St. Patrick's Day				Good Friday	
16	17	18	19	20	21	22
Easter	National Doctor's Day					
23	24	25	26	27	28	29
30	31					

National Nutrition Month

Good health is your birthright – protect it!

Pills or supplements can't provide all of the nutrients that fruits and vegetables can.

- Eating more fruits and vegetables help you feel full on fewer calories.
- Fruits and vegetables are naturally high in fiber and water, and low in fat and calories.

To be "kidney smart,"

- Eat no more than 9 teaspoons of sugar per day.
- Drink water instead of sugary soda.
- Eat fruit instead of cakes, candy and other sweet desserts.

Notes:

One-third of patients waiting for kidney transplants are African Americans.
Please say "yes" to organ and tissue donation.

Unit 3 Jamaican Flavor

Unit Overview

This unit is designed to provide students with a comprehensive understanding of Jamaican culture, history, and language. The unit is divided into three main sections: Language, Culture, and History. Each section contains a series of lessons and activities that are designed to engage students and help them learn about Jamaica in a meaningful way.

Language

The Language section of the unit focuses on teaching students the basics of Jamaican Patois, a creole language that is widely spoken in Jamaica. Students will learn the pronunciation and meaning of various Patois words and phrases, and they will also practice using them in context.

Students will also learn about the history and development of Patois, and they will explore the role of language in Jamaican culture and identity. Through a variety of activities, including reading, writing, and speaking exercises, students will gain a deeper understanding of the language and its importance in Jamaican society.

Culture

The Culture section of the unit explores the rich and diverse cultural heritage of Jamaica. Students will learn about the various influences that have shaped Jamaican culture, including African, European, and Caribbean traditions. They will also explore the role of music, dance, and art in Jamaican culture, and they will learn about the importance of community and family in Jamaican society.

Students will also learn about the history of slavery and the impact it has had on Jamaican culture and identity. Through a variety of activities, including reading, writing, and speaking exercises, students will gain a deeper understanding of the cultural heritage of Jamaica and the role of culture in shaping the nation's identity.

History

The History section of the unit focuses on teaching students about the history of Jamaica, from its early days as a Native American settlement to its current status as an independent nation. Students will learn about the various events and people that have shaped the history of Jamaica, and they will explore the role of history in shaping the nation's identity.

Through a variety of activities, including reading, writing, and speaking exercises, students will gain a deeper understanding of the history of Jamaica and the role of history in shaping the nation's identity. The unit is designed to be a comprehensive and engaging learning experience for students, and it is hoped that they will gain a deeper appreciation for the rich and diverse culture and history of Jamaica.

Unit Objectives

By the end of this unit, students will be able to:

- Identify and describe the basic elements of Jamaican Patois, including its pronunciation and meaning.
- Explain the history and development of Patois, and its role in Jamaican culture and identity.
- Describe the various influences that have shaped Jamaican culture, including African, European, and Caribbean traditions.
- Explain the role of music, dance, and art in Jamaican culture, and the importance of community and family in Jamaican society.
- Describe the history of slavery and its impact on Jamaican culture and identity.
- Explain the role of history in shaping the nation's identity.

Students will also be able to:

- Use basic Patois words and phrases in context.
- Identify and describe the various influences that have shaped Jamaican culture.
- Explain the role of music, dance, and art in Jamaican culture.
- Describe the history of slavery and its impact on Jamaican culture and identity.
- Explain the role of history in shaping the nation's identity.

Unit Assessment

The unit assessment will consist of a series of questions and activities that will assess students' understanding of the unit's content. The assessment will be designed to be a comprehensive and engaging learning experience for students, and it is hoped that they will gain a deeper appreciation for the rich and diverse culture and history of Jamaica.



April

National Donate Life Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Passover Begins	21	22 Earth Day	23	Take Our Sons & Daughters to Work Day 24	25	26
20						
27	28	29	30			

During National Donate Life Month...

Express your wish to donate on your state's donor registry, your driver's license, and or a donor card.

Discuss your decision to donate with your family and loved ones so they can support your wishes.

Over 27,000 African Americans were waiting for transplants as of October 2007. African American donors number about 1,200 each year.

Notes:

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May

High Blood Pressure Month and Stroke Awareness Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4	5	6	7	8	9	10	1	2	3
Mother's Day	International Nurse's Day	National Teacher Day							
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			
	Memorial Day Observed				Memorial Day				

Stroke Prevention

Stroke is the third leading cause of death in the United States but new treatments can reduce the damage if treatment occurs as soon as possible – call 911 right away. The best treatment is prevention.

The Warning Signs of Stroke are Sudden:

- numbness, weakness – one or both sides of body
- confusion, trouble speaking
- trouble seeing – one or both eyes
- loss of balance, coordination
- severe unexplained headache

For more information, see the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/stroke>

Notes:

To reduce the risk for stroke, maintain normal blood pressure and body weight. High blood pressure (hypertension) affects about one in three African Americans

Start from Scratch with

Time and Time

- 1. The first step is to...
- 2. The second step is to...
- 3. The third step is to...
- 4. The fourth step is to...
- 5. The fifth step is to...
- 6. The sixth step is to...
- 7. The seventh step is to...
- 8. The eighth step is to...
- 9. The ninth step is to...
- 10. The tenth step is to...

There are many ways to...
The first way is to...
The second way is to...
The third way is to...
The fourth way is to...
The fifth way is to...
The sixth way is to...
The seventh way is to...
The eighth way is to...
The ninth way is to...
The tenth way is to...

Serving size: 1 of 10

Calories: 100

Time and Time

Time and Time

- 1. The first step is to...
- 2. The second step is to...
- 3. The third step is to...
- 4. The fourth step is to...
- 5. The fifth step is to...
- 6. The sixth step is to...
- 7. The seventh step is to...
- 8. The eighth step is to...
- 9. The ninth step is to...
- 10. The tenth step is to...

There are many ways to...
The first way is to...
The second way is to...
The third way is to...
The fourth way is to...
The fifth way is to...
The sixth way is to...
The seventh way is to...
The eighth way is to...
The ninth way is to...
The tenth way is to...

Serving size: 1 of 10

Calories: 100



June

Vision Research Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
Father's Day						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Celebrate Father's Day by Eating Healthy Foods

Important points to consider:

Notes:

- Black men are at high risk for high blood pressure, diabetes, and heart disease.
- Black men are also more likely than other men to die or suffer health problems from the above three diseases.
- Lower your chances of getting these diseases by eating a diet rich in fruits and vegetables.
- The National Cancer Institute recommends that men eat 9 servings of fruits and vegetables a day to promote good health and protect against these diet-related diseases, and some types of cancer.

Your family and friends are counting on you to be around for a long time.

Each year donated corneas restore sight or improve vision for about 40,000 patients. Even those with vision or other health problems may be able to donate corneas. Contact the Eye Bank Association of America at www.restoreight.org or (202) 775-1999.

For Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Special Occasion

Summer Vegetable Brown

Summer Vegetable Brown

Summer Vegetable Brown

Summer Vegetable Brown

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Summer Vegetable Brown

Summer Vegetable Brown



July

Fireworks Safety Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	Independence Day 4	5
6	7	8	9	10	U.S. Transplant Games begin 11	12
13	14	15	U.S. Transplant Games end 16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

U.S. Transplant Games

The U.S. Transplant Games is a five-day athletic competition held every two years and organized by the National Kidney Foundation.

Athletic participation is open to recipients of bone marrow (stem cell) or solid organ (heart, liver, kidney, lung, and/or pancreas) or tissue transplants. Family, friends, and the general public may attend the games.

The 13 athletic events are a celebration of the successes of transplantation and the gift of life. In 2008, the games will be held in Pittsburgh, PA, on July 11-16.

Notes:

Contact the National Kidney Foundation at www.kidney.org or call 1-800-622-9010 for more information about the U.S. Transplant Games.

Mathematics and Creative Cooking

Serving size: 1/5 of recipe

Einflusspunkt: α

20-Minute Chicken Orzo

1. The first part of the document is a list of names and titles, including "The Hon. Mr. Justice" and "The Hon. Mr. Justice".

Serving size: 1½ cup

Serving size: 1/5 of recipe

Einflusspunkt: 2009



August

National Immunization Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Minority Donor Awareness Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Stay up to date on vaccinations

Viral hepatitis can lead to liver failure and the need for a liver transplant. Get immunized if you are at risk for exposure to the hepatitis virus.

The National Minority Organ and Tissue Transplant Education Program (MOTTEP®)

The mission of MOTTEP® is to reduce the number of ethnic minority Americans needing organ and tissue transplants through information and education about healthy life styles and to encourage family discussions about organ donation and thereby increase the actual number of organ donors.

Notes:



September

Prostate Awareness Month



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Labor Day 1	Ramadan Begins 2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

African American men at greater risk for prostate cancer compared to other ethnic groups.

Notes:

Ask your doctor about screening tests to detect prostate cancer early.

National Cholesterol Education Month

Total Cholesterol: What to do the numbers mean?

Desirable: Under 200 mg/dl

Borderline: Be Alert! 200-239 mg/dl

High: Danger zone! Over 240 mg/dl

"Good" Cholesterol: HDL cholesterol - Over 35 mg/dl

Organ and tissue donors and transplant recipients are of all ages.
Don't assume you are too old to donate or too old to receive a transplant.

Good For You! (continued)

1. What are the benefits of being healthy?

2. What are the benefits of being healthy?

3. What are the benefits of being healthy?

4. What are the benefits of being healthy?

5. What are the benefits of being healthy?

6. What are the benefits of being healthy?

7. What are the benefits of being healthy?

8. What are the benefits of being healthy?

9. What are the benefits of being healthy?

10. What are the benefits of being healthy?

11. What are the benefits of being healthy?

12. What are the benefits of being healthy?

13. What are the benefits of being healthy?



October

National Liver Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Ramadan Ends	3	4
5	6	7	8	9 Yom Kippur	10	11
12	13 Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Halloween 31	

HEALTHY LIVING begins with small and gradual changes.

Use a variety of herbs and spices instead of salt.
Have five fruits and vegetables daily.
Switch to whole grains to get more nutrients, fiber, and flavor.

Tips to protect your liver

To prevent possible liver damage, it is best to reduce alcohol intake to **zero!** Remember that with every alcohol-containing drink, liver damage can occur.

Notes:

Around 6,600 people receive liver transplants each year, yet about 16,500 people are waiting for a liver transplant.

Thanksgiving Day Desserts

Apple Cinnamon

Sweet Potato Pie

Butter Pecan

Chocolate

Crème Brûlée

Flourless

Key Lime

Orange

Pumpkin

Red Velvet

Strawberry

Vanilla

White Chocolate

Yeast

Yeast

Yeast

Yeast

Yeast

Yeast

Yeast

Yeast



**DONATE
LIFE**

• Be An Organ Donor •

November

National Marrow Awareness Month

TEXAS



BB01B

Be An Organ Donor

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
2	3	4	5	6	7	8	
		Veterans Day				National Donor Sabbath Begins	National Donor Sabbath
9	10	11	12	13	14	15	
National Donor Sabbath Ends							
16	17	18	19	20	21	22	
23 30	24	25	26	Thanksgiving Day	28	29	

Notes:

**Bone Marrow, Umbilical Cord Blood, and
Peripheral Blood Transplants**

Patients with life-threatening blood diseases are often treated with donated blood stem cells that are contained in bone marrow, umbilical cord blood, and in lesser amounts, circulating blood.

There is a critical need for minority marrow donors because matches are more likely to be found among people of the same ethnic heritage.

To register as a donor and/or to learn more about blood, you will eventually contact the

C. W. Bill Young Cell Transplantation Program

Call 1-800-526-7809; <http://bloodcell.transplant.nrsa.gov>

Holiday's



December

Safe Toys and Gifts Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Pearl Harbor Day 7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	Hanukkah Begins 22	23	24	Christmas Day 25	Kwanzaa Begins 26	27
28	Hanukkah Ends 29	30	31	Kwanzaa Ends		

For holiday celebrations, serve a variety of colorful fruits and vegetables.

Green

Asparagus, green peppers, broccoli, green beans, peas, okra, green grapes, kiwi fruit

Yellow-Orange

Carrots, summer squash, corn, sweet potatoes, yellow peppers, cantaloupe, peaches, pineapples

Red

Cranberries, red grapes, beets, red cabbage, kidney beans, cherries, raspberries

Blue-Purple

Blueberries, eggplant, purple grapes, plums, raisins

Notes:



During this time of giving, think about giving the Gift of Life.
Sign up with your state's donor registry to assure that your donation decision is carried out.

procurement Agency quilts are displayed at all family services and community events to increase awareness of the need for organ and tissue donors. Each quilt square is from a donor family or transplant recipient and is made by a family member or loved one who so generously donated their organs and/or tissues to improve and give life to others. For more information on Louisiana's Donor Memorial Quilts go to www.lopa.org.

For more information on the "Gift of Life" quilt panels are displayed at public events and venues throughout the state to promote awareness of the need for organ and tissue donation. The squares are handmade tributes of love and are submitted by donor families and transplant recipients. For more information on Mississippi's three "Gift of Life" quilt panels go to www.msora.org.

Two squares on the New York Organ Donor Network Memory Quilt are created by donor families to honor and celebrate the lives of their loved ones. Each square contains special details representing the donor's life — photographs, poems, quotes and trinkets. The special connection between donor and recipient is uniquely represented on the Donor Network Memory Quilt. The squares are surrounded by the embroidered framework of randomly chosen transplant recipients by their names and initial letter of last name. In a most powerful way, the acknowledgement of donors and recipients visibly symbolizes the men, women and children of all colors, ethnicities and religions who together have completed the "circle of life." For more information on the New York Organ Donor Network's quilts, go to www.donatelifeny.org.

Sources for the recipes included in this calendar:

U.S. Department of Health and Human Services, The Centers for Disease Control and Prevention. For more healthy fruit and vegetable recipes, go to <http://apps.nccd.cdc.gov/dnparecipe/recipe/search.aspx> or call 1-404-639-3534 / 800-311-3435

U.S. Department of Health and Human Services, National Institutes of Health, the National Heart, Lung, and Blood Institute publications, *Heart Healthy Home Cooking – African American Style* and *Keep the Beat-Heart Healthy Recipes*. Copies can be obtained at www.nhlbi.nih.gov or call 1-301-592-8573.

U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute publication, *Down-Home Healthy*. Copies can be obtained at www.nci.nih.gov or call 1-800-4-CANCER (1-800-422-6237).

Some recipes courtesy of www.allrecipes.com and the Mann Clan Family Reunion Recipe Collection.

Join the *Workplace Partnership for Life* – a collaboration with companies and associations and their employees and members who work together to help create a *Donation Friendly America*. www.organdonor.gov or call 301-443-7578.

Notes:



African Tapestry

